



Getting started with ESSENTIAL OILS



WHOLE-LIFE
WELLNESS
AWAITS...



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THE YOUNG LIVING BUSINESS OPPORTUNITY



A QUALITY COMMITMENT YOU CAN COUNT ON

Seed to Seal and its three pillars—Sourcing, Science, and Standards—define our commitment to continually improve every aspect of our business, enabling us to provide the highest quality in everything we do. From collaboration with suppliers to extensive quality testing and legal compliance, these standards help us carefully monitor the sourcing and production of our essential oils, serve as rigorous quality

controls, and help us make informed business decisions. The three Seed to Seal pillars guide Young Living operations, including, but not limited to, authentication, agricultural practices, harvesting and production of essential oils, state-of-the-art testing, cutting-edge research, industry-leading service standards, a world-class member experience, and our global compliance program.

Seed to Seal and its three pillars are about delivering the best quality possible and offering the purest essential oils to you and your family.



SOURCING guides the process by which we obtain essential oils from our corporate farms, partner farms, and Seed to Seal-certified suppliers to ensure that our products are of the highest quality.



SCIENCE guides the formulation and stringent testing of our essential oils and other product ingredients, so we deliver pure, effective essential oils and innovative wellness products that meet our rigorous quality standards.



STANDARDS guides the compliance measures taken throughout our sourcing process to ensure that all domestic and international legal guidelines are adhered to as part of our effort to protect plant species and sustain local communities throughout the world.

Learn more about the Seed to Seal program and Young Living's commitment to quality at SeedtoSeal.com.

WHAT ARE ESSENTIAL OILS?

Essential oils are aromatic, concentrated plant extracts that are carefully obtained through steam distillation, cold pressing, or resin tapping.



POTENT

Producing a single bottle of essential oil takes a significant amount of plant material. For example, there is the distillation of over 1 pound of peppermint in a 15-ml bottle of Peppermint essential oil and the oil of more than 75 lemons in a 15-ml bottle of Lemon essential oil!

VOLATILE

Essential oils evaporate quickly when exposed to the open air. Each botanical has a volatile profile that gives it a distinct aroma, flavor, and other properties. Plants release these compounds as defense mechanisms to environmental stressors.

VERSATILE

For thousands of years, people have reached for the power of plants, using essential oils to uplift them spiritually and emotionally, to support their overall wellness, and for cosmetic purposes. Now you can use essential oils for aromatherapy, in your household solutions, or for personal care; every aspect of your daily life can benefit from a drop or two of your favorite essential oil!



Young Living offers hundreds of single essential oils, blends, and oil-infused products, each of which contain the optimal levels of specific, naturally occurring constituents to maximize their potency. It's our mission to bring the life-changing power of Young Living essential oils to every home on Earth, so everyone has access to these powerful allies in their quest for wellness.

HOW TO USE ESSENTIAL OILS?

Escape the day to day by transforming your next shower into a spa-like getaway! Turn weeknight cooking into a culinary adventure! Add a drop of elegance to your skin care regimen, or enhance your wellness with a boost from botanicals. Follow the guide below—along with label instructions—to experience the countless transformative benefits of essential oils.



TOPICAL

Many essential oils are safe and beneficial to use directly on the skin.

- Place 2–3 drops of essential oil directly on the desired area and massage in. Repeat as desired. Always follow the label's dilution instructions.

CAUTION: Essential oils are very potent and may be irritating to the skin. If irritation occurs, apply Young Living's V-6™ Vegetable Oil Complex or any pure plant-based oil to the area to dilute. Citrus essential oils and blends may cause photosensitivity. Avoid direct sunlight or UV rays for up to 12 hours after applying them.



AROMATICALLY

Use essential oils aromatically to uplift the spirit.

- Rub 2–3 drops of essential oil between your palms and inhale.
- Add a few drops of essential oil to a bowl of hot water. Cover your head and bowl with a towel. Breathe deeply and slowly.
- Use your favorite essential oils in our diffusers.



DILUTION

- See individual oil labels for specific dilution instructions.
- Use Young Living's V-6™ Vegetable Oil Complex or other pure vegetable oil when diluting to the appropriate strength for your needs.

ESSENTIAL OIL SAFETY GUIDELINES

Due to the potency of essential oils, it is important to follow safety guidelines when using them.

- Read the product label for appropriate use.
- Avoid putting essential oils in your eyes, ear canals, and other sensitive areas.
- Stop using the oil if irritation or discomfort on the skin occurs, and do not rinse with water. Apply a carrier oil to the affected area.
- Citrus-based oils and blends may cause temporary photosensitivity. Follow individual label instructions and avoid direct sunlight for 12–48 hours.

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*



LAVENDER ESSENTIAL OIL



Clear the air and calm your mind with the light, floral aroma of Lavender essential oil. The mild, soothing scent is perfect for settling down in the evening or whenever you need comforting rest.

SUGGESTED USES

Start a relaxation routine by adding a few drops to your favorite shampoos or lotions.

Dip your toes into calming waters; combine 1 cup of Epsom salt with 4 drops of oil in a hot bath.

Set the stage for snuggles by diffusing the oil as part of your bedtime routine.

Calm your skin with a soothing body scrub using coconut oil, sugar, and Lavender oil.

LAVENDER LINEN SPRAY

Freshen closets, bedding, cars, and more with this calming scent.

Ingredients

- 10 drops Lavender essential oil
- 2 tablespoons witch hazel
- 6 tablespoons water

Directions

1. Combine witch hazel and Lavender in a small glass spray bottle and shake together for about 30 seconds.
2. Add water and shake for another 30 seconds.
3. Spray lightly on fabrics that need refreshing.

Lavender is also great for the skin! To learn more about the benefits of Lavender and other oils, check out Young Living Central in the Young Living Virtual Office!



If you love the sweet, soothing scent of Lavender, try it as a linen spray!



MAKEUP SETTING SPRAY

Keep your face looking fresh all day!

Ingredients

- 2 ounces water
- ½ tablespoon vegetable glycerin
- 6 drops:
 - Frankincense essential oil for normal skin
 - Geranium essential oil or Tea Tree essential oil for oily skin
 - Myrrh essential oil for dry skin

Directions

1. Add ingredients for your skin type to a small glass spray bottle and shake well.
2. Hold spray bottle about 12 inches from your face and lightly spritz skin 2–3 times.
3. Let dry.



FRANKINCENSE ESSENTIAL OIL

Turn a boring nighttime routine into a luxurious getaway with Frankincense essential oil. Play some soft music and take a momentary escape to soothe your skin and balance your spirit. The complex aroma of this deluxe oil provides a lush end to any day.

SUGGESTED USES

Elevate your beauty routine by adding Frankincense to your daily facial moisturiser.

Create a peaceful haven for grounding yourself by diffusing during your nightly routine.

Pamper yourself! Help reduce the appearance of uneven skin and blemishes by gently massaging anywhere skin needs a boost, aided by the lotion or carrier oil your skin loves most.

Frankincense is also great when you need to create an atmosphere for getting in touch with your spirituality!





ORANGE ESSENTIAL OIL

From playrooms to living rooms, the familiar scent of Orange brings inspiration and energy. Share this fresh aroma with your family when you play together and make memories that will last a lifetime.

SUGGESTED USES

Add a few zesty drops to homemade playdough to get creative juices flowing during after-school craft time. Transform kids' rooms into happiness zones by diffusing this friendly scent. Get your wheels turning before starting a new project by rubbing a few drops between your palms and inhaling deeply.



Want more kid-friendly DIY recipes with essential oils like Orange?

Find creative, essential-oil infused projects your kids will love, like our DIY Bath Crayons, DIY Monster Spray, and more on our website.

ORANGE PLAY CLAY

Add fun to your play with the bright aroma of oranges!

Ingredients

- 2 cups flour
- $\frac{3}{4}$ cup salt
- 2 tablespoons olive oil
- 2 teaspoons cream of tartar
- 10–12 drops Orange essential oil
- $1\frac{1}{2}$ cups water

Directions

1. Combine flour, salt, olive oil, and cream of tartar in a large saucepan.
2. Add water and stir all ingredients.
3. Cook over medium heat and stir until ingredients form a ball.
4. Remove dough from heat and place onto parchment paper.
5. Add Orange essential oil and knead thoroughly.
6. Use for creative play; store in an airtight container.





CITRONELLA ESSENTIAL OIL

Who says essential oils are only for indoor use? Citronella's fresh, welcoming scent is perfect for setting the stage at your next picnic or barbecue or for keeping the air clear of annoyances on your next camping trip. In the air or on your skin, Citronella uplifts and inspires.

SUGGESTED USES

Create an outdoor-friendly personal perfume. Combine Citronella with V-6™ Vegetable Oil Complex and apply topically before heading into the wild!

Give underarms a break from toxic chemicals and apply Citronella instead of traditional antiperspirants or deodorants. Try combining it with coconut oil and Tea Tree essential oil for a fresh odor blocker!

Welcome guests with a sweet, fresh scent; diffusing Citronella is an invitation for long evenings of laughter and conversation.

Citronella is one of the primary ingredients in Young Living's Insect Repellent. Find our favorite bug-buster in the Product Guide or Young Living's Virtual Office!



CITRONELLA FLOATING CANDLE BOWL

Create an elegant answer for outdoor evenings.

Supplies

Glass bowl or container

Decorations of your choice—lemon peels, orange peels, cinnamon sticks, lavender, rosemary, flower petals, river rocks, etc.—you can use anything!

20 drops Citronella essential oil

10 drops Lemongrass essential oil

1 tablespoon witch hazel

Water

Unscented floating candle

Directions

1. Gather decorations and arrange in a bowl.
2. Add witch hazel, Citronella, and Lemongrass.
3. Fill the remaining bowl space with water.
4. After placing your bowl outside, top it off with the floating candle and light it to create a cozy, aromatic ambiance that you and your guests can enjoy throughout the evening.



LEMON ESSENTIAL OIL



Lemon also has great skin-cleansing benefits and uses! Learn all about Lemon essential oil on [Young Living Central](#)!



SUGGESTED USES

Nothing smells cleaner than the bright, fresh scent of lemon. Add Lemon essential oil to your favorite non-toxic cleaning products or Thieves® Household Cleaner for an extra boost of lemon freshness. Cold-pressed from the rinds of freshly picked fruit, this fragrant oil brings the scent of sunshine into your home all year long.

Remove pesky adhesive labels and stickers with the help of a few drops. Keep your house extra fresh and clean by adding a few drops to your favorite naturally derived floor, window, and surface cleaners. Do not use Lemon oil on granite or stone, as it may etch the surface.

Keep freshly cleaned rooms smelling that way by diffusing Lemon to keep the air crisp and clear.

GARBAGE DISPOSAL FRESHENER TABLETS

Keep your kitchen smelling fresh and clean!

Ingredients

- 2 cups baking soda
- 1 cup salt
- ½ cup water
- ⅓ cup unscented liquid castile soap
- 40 drops Lemon essential oil

Directions

1. Combine all ingredients to make a paste.
2. Form into teaspoon-sized tablets and place on a cookie sheet to harden and let dry overnight.
3. Store tablets in a glass jar.
4. Place 1 tablet in your disposal as needed for a quick freshener.



PEPPERMINT ESSENTIAL OIL



Like a cool splash of water, Peppermint helps you keep your focus with its brisk aroma. Let the refreshing scent of Peppermint motivate your mind and your muscles while you energise before big projects or big races.

SUGGESTED USES

Turn your office into a motivation zone by diffusing this crisp, cool oil before settling in for the work day.

Start your day feeling tingly and energized by adding a drop to your favorite shampoo.

Get a cool burst of energy before a big workout by applying Peppermint to your chest or inhaling it directly.

Help your family focus during homework time by adding Peppermint to your favorite diffuser blends.



ESSENTIAL OIL-INFUSED DRY SHAMPOO

Refresh and stimulate your scalp while taking care of excess oils.

Ingredients

- ¼ cup cornstarch
- 1 tablespoon baking soda
- 3 drops Lavender essential oil
- 2 drops Peppermint essential oil
- 2 tablespoons unsweetened cocoa powder, for dark hair only

Directions

1. Combine all ingredients and put in a container of your choice such as an empty salt shaker or baby powder bottle.
2. Sprinkle mixture on roots of hair and massage into scalp.
3. Leave for 2–3 minutes to absorb your hair's natural oils; then brush through your hair.

Learn about ways you can use Peppermint essential oil in your home on Young Living Central in Young Living's Virtual Office!



THIEVES ESSENTIAL OIL BLEND

The powerful aromatic combination of Young Living's Thieves® blend is inspired by a 15th century French legend. What is truly legendary is how many powerful constituents are packed into this combination of Lemon, Clove, Cinnamon Bark, Eucalyptus Radiata, and Rosemary. Formulated to support cleansing the mind, body, and spirit, this blend makes everything feel warm and fresh.

SUGGESTED USES

Add a warm, comforting scent to your laundry by applying a few drops to wool dryer balls and tossing them in the dryer with your clothes.

Welcome guests to a clean-feeling home by diffusing Thieves in entryways.

Use Thieves Household Cleaner and add Thieves to homemade cleansers to support cleaning power and add a warm, friendly scent.

NATURAL CARPET POWDER

Keep your home feeling welcoming and fresh.

Ingredients

½ cup baking soda

20–25 drops Thieves essential oil blend

Directions

1. Combine baking soda and Thieves in a salt shaker or sifter, or create your own shaker using a mason jar with cheesecloth over the top, secured tightly with a rubber band.
2. Sprinkle on carpet and let sit for 10–20 minutes; then vacuum.



Thieves is also great for making the body feel warm and cozy. Try applying it to the bottoms of feet or adding it to a basin of warm water and tenting a towel over your head for cozy rejuvenation.



VALOR ESSENTIAL OIL BLEND

Valor essential oil blend is one of our most popular products and a favorite of founder D. Gary Young. Its woody, positive scent comes from a blend of Black Spruce, Blue Tansy, and Frankincense. Another reason Valor is so popular is its aroma, which is like no other: refreshing yet comforting, grounding yet inspiring, sweet yet spicy. And, of course, people love its vivid blue color!

SUGGESTED USES

Diffuse Valor in the morning to jump-start a busy day with its uplifting, affirming scent.

Combine with V-6™ Vegetable Oil Complex to unwind before bed with a relaxing foot or back massage.

Refresh throughout the day by directly inhaling or massaging onto your neck, chest, or hands and wrists.

Wear as a subtle cologne or use as a base for personalized scents.





INVIGORATING BATH

Unwind and relaxing with this Valor essential oil routine.

Ingredients

1. Young Living's Bath & Shower Gel Base
2. Hot bath

Directions

Add to Young Living's Bath & Shower Gel Base or to a hot bath to invigorate your bath and shower routine.



PURIFICATION ESSENTIAL OIL BLEND

Ditch overpowering and harsh chemical-based sprays and keep your home smelling fresh and clean with Young Living's Purification essential oil. This blend is made up of six essential oils for the ultimate weapon against odors. Citronella, Lavender, Lemongrass, Rosemary, Myrtle, and Tea Tree work together to create a refreshing, bright scent that keeps you and your family happy and comfortable.

SUGGESTED USES

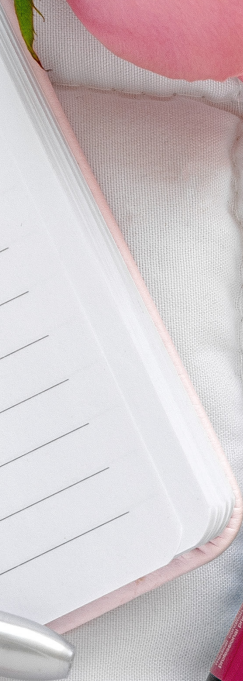
Add a few drops to laundry to give your wash a great-smelling boost.

Use in the car with a USB Diffuser to eliminate lingering scents of fast food or the soccer carpool.

Refresh linens with a spritz of Purification, diluted with distilled water.

Create an on-the-go air freshener with a spray bottle, distilled water, and Purification. Keep it in your bag to freshen up offices, public restrooms, hotel rooms, and cars.





ON-THE-GO AIR FRESHENER

Freshen up offices, public restrooms, hotel rooms, and cars.

Ingredients

1. Distilled water
2. Purification essential oil

Directions

1. Keep it in your bag to freshen up offices, public restrooms, hotel rooms, and cars.
2. Hold spray bottle about 12 inches surface and lightly spritz 2–3 times.

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EUCALYPTUS RADIATA ESSENTIAL OIL



Eucalyptus Radiata essential oil comes from the leaves of an evergreen tree native to Australia. Part of the Myrtaceae plant family, Eucalyptus Radiata is steam distilled. Its distinctly fresh aroma is sharp and clean, sparking a sense of refreshment and renewal. Popular in salons and spas, Eucalyptus Radiata oil promotes a stimulating and rejuvenating environment anywhere it's diffused.

SUGGESTED USES

Add 2–3 drops to Ortho Ease Massage Oil and massage it into your feet or muscles after activity for a rejuvenating experience.

Diffuse Eucalyptus Radiata in your home or work space for a clean, energizing aroma.

Create a DIY room-refreshing spray with Eucalyptus Radiata to combat stale odors.

The soothing scent makes Eucalyptus Radiata the perfect addition to any bedtime routine when applied to the chest or back.



HOME SPA

Turn your shower into a spa.

Ingredients

5-10 drops of Eucalyptus Radiata essential oil

A warm, damp washcloth

Directions

Place damp washcloth in the shower just out of direct contact with the water before showering, this will create an invigorating shower experience.

There are more than 700 species of eucalyptus in the world—Eucalyptus Radiata, sometimes known as narrow leaved peppermint is only one of them. The Eucalyptus Radiata tree comes from Australia, where eucalyptus makes up more than 75 percent of the continent's vegetation. Eucalyptus Radiata contains the naturally occurring constituent eucalyptol, which provides much of its signature scent.

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Want to learn more?

Young Living is committed to supporting you throughout your wellness journey. Use these resources to find tips, educational tools, and other helpful assets as you share Young Living with family and friends.

YOUNGLIVINGAFRICA.CO.ZA

Your home for all things Young Living, from product pages to in-depth information about our company and much more!

YOUNG LIVING BLOG

Get inspirational tips and essential oil ideas on our fun, shareable blog at YoungLiving.com/blog.

SEEDTOSEAL.COM

Millions around the world have discovered that a drop of pure essential oil can change everything for the better. Discover what makes Seed to Seal the ultimate, industry-leading standard in essential oil products, changing lives for two decades.

NINGXIARED.COM

NingXia Red is more than Young Living's signature drink packed with great wolfberry flavor and infused with nutrients—it's also a great way to build your business! Use this website to find out everything you need to know about our NingXia products.

YOUNG LIVING CENTRAL

Young Living Central (YLC) expands your knowledge and empowers you with education. YLC is a library of tools designed to teach you and your organization how to use and share Young Living's diverse product offerings and lifestyle with family and community. YLC is located in Member Resources in Virtual Office.

DIY KIT

It's easier than ever to create custom, homemade, oil-infused DIY projects right from your home. This kit includes recipes and supplies for six people to each make three items: lotion, spritzer, and lip balm. Plus, it comes with recipe cards, gift bags, and magazines. Use this kit for shareable Young Living fun with your friends, at community events, or in your Young Living business.



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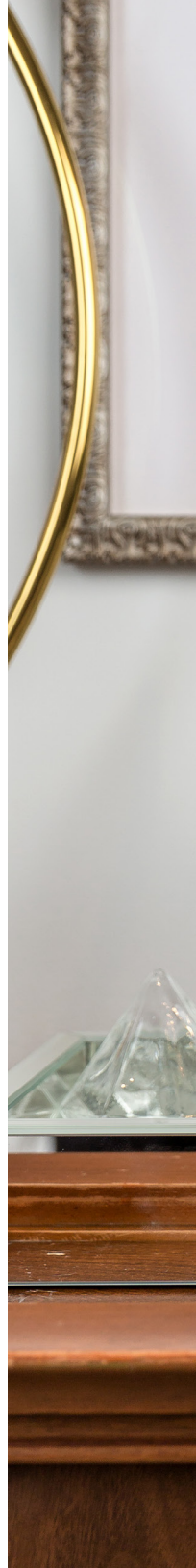
[Instagram.com/YoungLivingAfrica](https://www.instagram.com/YoungLivingAfrica)

YOUNG LIVING BUSINESS OPPORTUNITY

Young Living has grown into a worldwide company because members simply love our products and have experienced their life-changing impact. Our members share their love for Young Living with their friends, families, co-workers, and communities naturally and organically.

REASONS TO BUILD A YOUNG LIVING BUSINESS

- No inventory required
- Low start-up cost
- Be your own boss
- Supportive global community
- Generous compensation plan
- Potential to earn all-expense-paid leader retreats
- Change lives by helping others achieve mind, body, and overall wellness





For more information visit
YoungLivingAfrica.co.za
Call 010 020 9900 or email
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We take the stewardship of our planet seriously.
Our state-of-the-art production process brings you
the purest oils on Earth.

We call it
SEED^{TO}SEAL[®]

It's not a slogan—it's our calling.

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